WHAT IS CLAIMED IS:

1. A method of increasing the isoflavone aglycone concentration in a soy-containing comestible comprising maintaining the comestible in a temperature of from about 20°C to about 70°C, for a period of from about 1 minute to about four hours, wherein the method results in an increase in isoflavone aglycone concentration.

2. The method according to claim 1, wherein the temperature is from about 30°C to about 60°C.

3. The method according to claim 2, wherein the temperature is from about 40°C to about 50°C.

4. The method according to claim 3, wherein the temperature is from about 45°C to about 48°C.

5. The method according to claim 1, wherein the period is from about 1 to about 3 hours.

6. The method according to claim 5, wherein the period is about 2 hours.

7. The method according to claim 1, further comprising adding at least one β-glucosidase-containing composition before maintaining the comestible in a temperature of from about 20°C to about 70°C, for a period of from about 1 minute to about four hours.

8. The method according to claim 7, wherein the at least one β-glucosidase-containing composition comprises almond.

9. The method according to claim 8, wherein the almond is raw almond.

10. The method according to claim 7, further comprising heating the comestible in a temperature of from about 120°C to about 260°C, for a period of from about 15 minutes to about 2 hours, after maintaining the comestible in a temperature of from about 22°C to about 70°C, for a period of from about 30 minutes to about four hours.

11. The method according to claim 10, wherein the heating temperature is from about 150°C to about 180°C.

12. The method according to claim 11, wherein the heating temperature is about from about 160°C to about 165°C.

13. The method according to claim 1, further comprising heating the comestible in a temperature of from about 120°C to about 260°C, for a period of from about 15 minutes to about 2 hours, after maintaining the comestible in a temperature of from about 22°C to about 70°C, for a period of from about 30 minutes to about four hours.

14. The method according to claim 13, wherein the heating temperature is from about 175°C to about 225°C.

15. The method according to claim 14, wherein the heating temperature is about from about 190°C to about 210°C.

16. A comestible having a β-glucosidase activity of greater than or equal to about 35 U when measured by assaying its rate of hydrolysis of *p*-nitrophenyl- β-D-glucopyranoside at a temperature of 37°C for 30 minutes at pH 4.6, wherein the comestible comprises less than about 75% by total weight, of almond.

17. The comestible according to claim 16, wherein the β-glucosidase activity is greater than or equal to about 45 U.

18. The comestible according to claim 17, wherein the β-glucosidase activity is greater than or equal to about 50 U.

19. The comestible according to claim 16, wherein the comestible comprises at least about 5% by total weight, of soy-based ingredients.

20. The comestible according to claim 19, wherein the comestible comprises greater than or equal to about 4 g of soy protein per serving.

21. The comestible according to claim 20, wherein the comestible comprises greater than or equal to about 5 g of soy protein per serving.

22. The comestible according to claim 21, wherein the comestible comprises greater than or equal to about 6 g of soy protein per serving.

23. The comestible according to claim 22, wherein the comestible comprises greater than or equal to about 7 g of soy protein per serving.

24. The comestible according to claim 16, wherein the comestible comprises greater than about 300 nmol/g of isoflavone aglycones.

25. The comestible according to claim 24, wherein the comestible comprises greater than about 400 nmol/g of isoflavone aglycones.

26. The comestible according to claim 25, wherein the comestible comprises greater than about 500 nmol/g of isoflavone aglycones.

27. The comestible according to claim 16, wherein the comestible comprises from about 1% to about 15% by total weight, almond.

28. The comestible according to claim 27, wherein the comestible comprises from about 2.5% to about 10% by total weight, almond.

29. The comestible according to claim 28, wherein the comestible comprises from about 5% to about 8% by total weight, almond.

30. A soy bread product comprising greater than or equal to about 6.25 g soy protein per serving, from about 2% to about 10% by total weight, of almond, and greater than or equal to about 200 nmol/g of isoflavone aglycones.

31. The soy bread product according to claim 30, comprising from about 5% to about 8% almond, and greater than or equal to about 400 nmol/g of isoflavone aglycones.

32. The soy bread product according to claim 30, wherein the almond is chosen from chopped almond, ground almond, or almond powder.

33. The soy bread product according to claim 32, wherein the almond exhibits an average particle size of less than 0.1 mm.

34. A soy bread product enriched in isoflavone aglycones, comprising greater than about 2.5%, by total weight, of almond.

35. A method of increasing the isoflavone aglycone concentration in a soy-containing comestible comprising maintaining the comestible in a temperature of from about 45°C to about 48°C, for a period of from about 1.5 hours to about 2.5 hours, wherein the method results in an increase in isoflavone aglycone concentration.

36. A method of increasing the isoflavone aglycone concentration in a soy-containing comestible comprising:

adding at least one β-glucosidase-containing composition to a soy-containing comestible composition, and

maintaining the comestible in a temperature of from about 45°C to about 48°C, for a period of from about 1.5 hours to about 2.5 hours,

wherein the method results in an increase in isoflavone aglycone concentration in the comestible.